



By Rachel Macy Stafford - Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters! (12.8.2013)

Rachel Macy Stafford

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By Rachel Macy Stafford - Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters! (12.8.2013) Rachel Macy Stafford 'Rachel Macy Stafford's post 'The Day I Stopped Saying Hurry Up' was a true phenomenon on The Huffington Post, igniting countless conversations online and off about freeing ourselves from the vicious cycle of keeping up with our overstuffed agendas. Hands Free Mama has the power to keep that conversation going and remind us that we must not let our lives pass us by.' --Arianna Huffington, Chair, President, and Editor-in-Chief of the Huffington Post Media Group, nationally syndicated columnist, and author of thirteen books<http://www.huffingtonpost.com/> DISCOVER THE POWER, JOY, AND LOVE of Living 'Hands Free' If technology is the new addiction, then multi-tasking is the new marching order. We check our email while cooking dinner, send a text while bathing the kids, and spend more time looking into electronic screens than into the eyes of our loved ones. With our never-ending to-do lists and jam-packed schedules, it's no wonder we're distracted. But this isn't the way it has to be. In July 2010, special education teacher and mother Rachel Macy Stafford decided enough was enough. Tired of losing track of what matters most in life, Rachel began practicing simple strategies that enabled her to momentarily let go of largely meaningless distractions and engage in meaningful soul-to-soul connections. She started a blog to chronicle her endeavors and soon saw how both external and internal distractions had been sabotaging her happiness and preventing her from bonding with the people she loves most. Hands Free Mama is the digital society's answer to finding balance in a media-saturated, perfection-obsessed world. It doesn't mean giving up all technology forever. It doesn't mean forgoing our jobs and responsibilities. What it does mean is seizing the little moments that life offers us to engage in real and meaningful interaction.

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Exactly why? Because this By Rachel Macy Stafford - Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters! (12.8.2013) is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will shock you with the secret this inside. Reading this book close to it was fantastic author who all write the book in such amazing way makes the content on the inside easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you for not hesitating having this ever again or you going to regret it. This phenomenal book will give you a lot of benefits than the other book have such as help improving your talent and your critical thinking method. So , still want to hesitate having that book? If I ended up you I will go to the publication store hurriedly.

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In this era which is the greater individual or who has ability to do something more are more treasured than other. Do you want to become certainly one of it? It is just simple way to have that. What you have to do is

just spending your time very little but quite enough to have a look at some books. One of the books in the top listing in your reading list is By Rachel Macy Stafford - Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters! (12.8.2013). This book which can be qualified as The Hungry Slopes can get you closer in turning into precious person. By looking upward and review this guide you can get many advantages.

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